

# BRIDGES

**FASHION:**  
Family enjoys  
costumes year round  
with cosplay **P. 4**

**SPACES:**  
A spooky tour of the  
haunted backyard on  
Fifth Ave. N. **P. 18**

**WINE WORLD:**  
Shock your party guests  
with an eyeball martini!  
**P. 31**

WEDNESDAY, OCTOBER 30, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



## A CHANCE OF GHOSTS

A CHILLING CHILDHOOD INCIDENT  
STOKED MILES VANGHEL'S INTEREST  
IN PARANORMAL INVESTIGATIONS **P. 10**

**FREE**

# INVENTORY

We want to hear from you: Tell us about your local business.  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # HALLOWEEN UNIVERSE

Are you missing the final touch to your Halloween costume? Have you looked all over the city for that random piece that will complete your look? Don't give up yet — check out Halloween Universe.

The store carries a wide assortment of accessories, along with costumes (3 years in the last minute type) for children and adults of all ages.

Halloween Universe is a locally owned, seasonal store located in Gravelier Park Shopping Centre at 2920 Eighth St. E.

It's open every day from 10 a.m. to 6 p.m. and even later on Friday and Saturday — everything goes on sale after Halloween too. The store closes for the year on Nov. 5.

BRIDGES PHOTOS  
BY MICHELLE BEERS

### 1. MEDUSA

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Mike Vlahos and his mother Janet Vlahos with some of the equipment they use during paranormal activity investigations in Saskatoon's haunted locations. Photo by MICHELLE BERG

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The energy along the riverbank in Saskatoon drew in psychic medium Barb Powell, who says it's her favourite place in the city. Photo by MICHELLE BERG

## BRIDGES COVER PHOTO BY MICHELLE BERG

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# FASHION

What's your favourite look for fall?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # HALLOWEEN FASHION

# Cosplay offers fun, confidence and charity

By Angelina Irimaci

Kristin and six-year-old Ethan Sparrow even often find fun in costumes. Kristin has 25 costumes (12 wigs and a very crafty fiancé, Sebastian, The couple and their children engage in cosplay. Short for costume play, cosplay is a performance art in which people dress up as characters, especially from films, TV shows or comics. Kristin and Sebastian often hand make their costumes, or buy various pieces from Value Village and piece them together. Kristin's favourites are a Cassandra Corbin girl, a Hello Kitty and a Hello Kitty mascot costume. But the female joker is the most elaborate costume and very special to her. She was wearing it on stage in front of hundreds of people, when her fiancé proposed to her in April. They were in Calgary for the Calgary Comic and Entertainment Expo and Sebastian surprised her to compete in the expo's costume contest.

"I have a lot of public anxiety so I don't like doing a lot of things but he made me do it. I didn't want to. And we had a small kid to do but he persevered. I was in front of hundreds of people," she recalls. "I have everything else went black around me."

She hasn't worn the joker costume since that day and says it feels nostalgic to put it back on. They often go together as a family and dress up in themed family costumes for the expo. But it's more than just fun—Kristin says that being in costumes helps with her anxiety.

"It's (joking) finally getting out there and getting past the first few people. I met me in someone else, no one knows who I am," she says. "It helps."

The plan costume took about a year to put together to find all of the right pieces. The parka alone, which is done with coloured sequins and rhinestones, takes about 45 minutes to put on.

"It all started off with the orange wig, because it looks so comic and you don't see it anywhere and I said 'OK I'll be a female Joker then,'" Kristin explains.

The hardest part was finding the purple jacket but she eventually found one at Value Village. Aside from the long green wig and sequins, the entire costume is from Value Village.

He also made the cape, belt and shirt detail for Ethan's Arkham Asylum Robin costume. The rest of it is also from Value Village. Although the Robin costume is his favourite, Ethan plans on being a werewolf for Halloween. Kristin is going to be a Christmas cat.

## Outfit:

### KRISTIN

1. **WIG:** eBay
2. **PURPLE JACKET:** Value Village. "The hardest part to find was the jacket. No one makes purple jackets for (joker) women."
3. **FLOWER:** Value Village
4. **CAMEL:** Handmade by Sebastian
5. **SPRITS:** Made by Sebastian. "He is good with a sewing machine."

### ETHAN

1. **MASK:** His favourite part of the costume. "I have a silicone mask from a Fleury (costume), but he doesn't like wearing them so I have to draw on his mask."
2. **SHIRT:** Value Village
3. **W-EMBLEM:** Hand made by Sebastian
4. **CAPE:** Hand made by Sebastian. "Sebastian had extra material from the cape and hand onto the shirt."
5. **BELT:** Hand made by Sebastian. "One of Kristin's old belts. I've put a foam cone on top and added owl foam for the 'Hole pouches'."
6. **FRUIT:** Value Village



Kristin and her six-year-old son Ethan Sparrow are dressed as the Joker and Robin. BRIDGES PHOTO BY MICHELLE KING

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# SARAH NELSON

## I Can See You a 'safe scare'

Since I was a kid, I have had creepy, ghostly experiences that I can't explain. This is exactly why I'm writing my story it so much — the thrill of the unknown.

The classic "why, what, why, when, where and how" questions about what could happen when we die or for so many different possibilities for survivors that it's fun to explore and let my imagination take me as a ride, and sometimes I even, scare myself.

I've been writing about things that go bump in the night since Grade 5, but until recently I haven't felt confident enough to tell others about any thing, besides my husband and a very good friend.

Discovering the world of "chicks, I finally thought, "I'm just going to



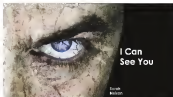
Sarah Nelson

put myself out there and hope for the best!" You never guess anything unless you try right?

I've had positive feedback since I Can See You went on the Kobo Books website in mid-September, and I'm very thankful to everyone who has taken a chance on me. One friend said that she can't read it at night anymore because it's creeping her out, a wonderful compliment.

My story is about a woman named Roscoe who kills her abusive boyfriend, Rick. But after an accident and brief coma, he is now finally able to tell her the things she never thought possible. An intense world opens up to Roscoe that confuses and scares her as she desperately tries to rid herself of Roscoe and her life.

I like to write about the scariest stuff because it's fun to make a "safe" scare. You can put the book down



and take comfort in knowing that there isn't a vampire, evil spirit with black eyes staring you, or see a dog sitting on a concrete parking lot and people jumping to their deaths with a screaming threat.

I Can See You is available online

at [www.kobobooks.com](http://www.kobobooks.com) as an ebook for \$5. Don't worry, you don't need an actual Kobo Reader to read it. They have free downloads you can use on any device. I can also be found on Facebook and Twitter @Sarah\_Nel\_son.

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**FLAMAN Fitness**



Congratulations to Gwendolyn Payne from Delta, winner of the elliptical trainer courtesy Flaman Fitness for in motion Month. She inspires others to be "in motion" through leading by example & giving herself permission to take time out of her day to be active & have fun.

## Nuts About Nature At Beaver Creek Conservation Area



In local, My name's Chik, and I live at Beaver Creek Conservation Area. Visit my body with your family and friends a day name time every from the city. Borrow a family Nature Activity Kit-Pack and like a trail ... nature awaits!

Guess what? You can send your questions to me at the address below

De or Chik,  
Where do dragonflies go in the winter? Gabelet



Excellent question Gabelet! This is a tricky one to answer. There are many different kinds of dragonflies around here, more than 50 actually. Each species is unique, and how they survive the winter varies. Most species will remain in a larval stage under the ice or submerged under the muddy bottom of a stream or pond while others will survive as eggs that won't hatch until the spring thaw. Some species, like the green damselfly, chironomid, will have two strategies. Some of them will breed in Saskatchewan and winter as larvae under the ice while some migrate south. It may be cyclical for this species with one generation staying north while the next migrates back down south, similar to the monarch butterfly. There is so much yet to learn about dragonflies my friend. Keep asking questions!

Check this out for more information: <http://www.werecs.org/dragonfly-migration/>

Send your questions to me at the address below. Run with Bridges for two winters

Your pal, Chik

Patricia Lynne Avenue Delta  
1 Green St. (Beynon Rd.)  
Delta BC V9C 2H4  
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Delta BC V9C 2H4

Delta BC V9C 2H4  
Delta BC V9C 2H4



**Meewasin**



# IN THE CITY

# OCTOBER 26, 2013 — 1:12 P.M.

## Silence can be scary



Los Angeles silent movie period Rick Francisco conductor Dean Upmeyer joined the Saks Fifth Avenue Orchestra to create a powerful and suspenseful production paired with F.W. Murnau's original version 'The Girl on the Train'. Screenings in the sold-out crowd at the Roy Theatre shared for the occasion in cases, chairs and lamps. Photos provided by MICHIGAN.

**YOUR FAVOURITE PLACE**  
Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

# Psychic feels 'dark, serene' energy along riverbank

By Angelina Irtinich

Barb Powell has been connecting with spirits professionally for the past 30 years, but says she "always had it." When she was eight years old, her family heard her speaking with her deceased grandfather one night. Now, she's a professional psychic medium — a medium connects with the deceased and a psychic can see the past, present and future, she explains. She also does psychic readings to help police or family members solve cold or murder cases. Last winter, Powell was enlisted to help with the Alexeen des Wineshards cold case. Wineshards was a 19-year-old nurse and the man in Johnny Cash's song, The Fift. In Saskatoon, she was living in her home in 1961, her body found by the river. Powell says the riverbank is full of energy, which makes it her favourite place to spend time in Saskatoon.

**Q. Why is the riverbank your favourite area in Saskatoon?**

**A.** I actually think it's a lot of people's favourite, but for me it's the energy. I know that sounds kind of weird. It probably sounds weird, but there have been a lot of deaths around here along the riverbanks and in the river. I get pulled by that... This place, there's something serene about it and it calls me. It's not like there's wandering souls or anything, but it's what I call an area type of energy — it's not like the souls are attached to it. People killed themselves or were murdered — it's not actually that, but something happens that — that brings or that gets you stuck and it just sticks there and plays over and over again. I find that fascinating.

**Q. What does the energy feel like?**

**A.** It's almost like a mixture. It's a bit dark, but not dark in a way that it's like being depressed. I call it serene — but that doesn't mean a happy feel on either. That's a hard question to answer. I wouldn't call it depressive or sad or even, though at that moment it



Psychic medium Barb Powell brings us to the riverbank, her favourite place in Saskatoon because she is drawn to its energy. ABOVE PHOTO BY MICHELLE BING

probably was. I know that soul issue, they don't carry that — whatever caused them to do what they did — or as they passed in a tragic type of a way, I know they don't carry that away.

**Q. Do you feel the same energy every time you come here?**

**A.** Yeah, it doesn't really change. It's not a negative energy; it just pulls me. It just calls.

**Q. Do you feel it every time you come and it's intense?**

**A.** Oh, it's instant, totally instant.

**Q. What are the main positives and negatives of the job?**

**A.** The main positive is seeing the people that you have helped. I've had people come in that were horribly depressed and you give them some thing to either look forward to or the steps in order to change. (Sighs.) Yes,

I guess, would be the people who don't understand because everybody has an opinion and I never force beliefs on anybody and I'd rather them not force them on me, but you get used to it, I guess. I've been kicked out of a church before. I've been kicked out of a church before. I like that stuff. I'm like, "Yeah, hang it on!"

**Q. What was it like working on the Alexeen des Wineshards case?**

**A.** A person like myself experiences the same feelings and physical things the victims would be having. I guess that would be a negative of the job, but the strange, to connect with spirits who've had heart attacks, cancer, strokes and accidents, I will physically experience it.

**Q. As in you can feel the pain?**

**A.** Absolutely. For eight seconds off and on, yes.

# INNOVATIONS

# TV DOCUMENTARY 'THE OTHER SIDE'

## Sask. ghosts coming to the small screen

By Ashley Martin

Jeff Richards wasn't afraid of ghosts until last year.

In filming for the documentary series *The Other Side*, the Regina hearse driver changed his mind.

"For a long time I had always told people when I was doing house work that the spirits can't harm you," said Richards, one of four ghosthunters in this Saskatchewan-produced show, which follows the team as they try to make contact with ghosts across Saskatchewan and Alberta. It will air nationally on APTN beginning in January.

Though he can't divulge many details, he says a crew member was

attacked in a Saskatchewan home during an exorcism to produce a spirit. "I was sort of like going and producing a little bit of it so you can catch a stronger message."

The person was struck and the ghost left marks.

"I was pretty shaken by it," he said. "They might I think my little guys into bed and I tell them that there's nothing to be afraid of in the dark and that was the first time when I realized, Wow, there are truly truly things to be afraid of in the dark" and there's more to play than just looking for ghosts."

The *Other Side*, filmed over two months last year, also stars paranormal investigator Bill Connolly, researcher/cultural historian Paul

Wells and elder/curator Tom Charles.

Produced by Saskatchewan production company Angel Entertainment, the show lends some ground to the paranormal reality genre.

The 30 half-hour episodes have a strong Aboriginal focus.

"The whole perspective, looking at it from the Aboriginal cultural perspective and how they interpret what they're seeing, I think that was such a great uniqueness to the show and I think that's what people will respond to," said Wells, co-owner of Angel Entertainment.

"A ghostwriting show has never been done where they've approached it from this sort of rooted cultural perspective," added Richards.



The cast of APTN's *The Other Side* (from left) Tom Charles, Jeff Richards, Bill Connolly and Paul Wells. **PHOTO: ANGEL ENTERTAINMENT**

When producer Jennifer Pedeski approached the production company with her idea, it started immediately by thought it would be a strong show.

He and Richards agree it is presented more sensitively than other

ghostwriting shows, which tend to feature "three kind of heckling guys running around in the dark going 'what was that?' getting spooked by sounds and noises," said Wells.

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I'm really hoping the show opens up a dialogue more so about human contact with the spirit world because some people are still uncomfortable with it. — Jeff Richards



The Other Side will air nationally on APTN beginning in January. [www.theside.ca](http://www.theside.ca)

Plus, there is skepticism involved.

"They each have their own reservations. But generally, he wants to be able to measure if he wants to be able to detect it with his electronic gear. And Prucella, with her parapsychology background, she also brings the gifts to herself. In this world," said Rich.

"There is already talk of a second season, for which Rich hopes to expand — both geographically and temporally.

He'd like to focus on more of Western Canada, Manitoba included, and go from a half-hour format to one-hour episodes.

Richards hopes people learn something from The Other Side.

"Even though culturally the spirit world is supposed to be acknowledged as being ever present and always there, a lot of Aboriginal people still don't necessarily feel the personal comfortable dealing with these sorts of things and approaching the spirit world," he said.

"I'm really hoping the show opens up a dialogue more so about human contact with the spirit world because some people are still uncomfortable with it."

## Authentic Amish Cooking



COURTESY, AUTHENTIC FURNITURE

### Erma's Chicken Rice Casserole

Susan Lendberg

- 8-10 cups Cooked Chicken
- 1/2 C. Chopped Onion
- 1/2 C. Chopped Cooked Carrots
- 1 T. Flour
- 4 cups California Blend or Anasazi
- 1 C. Rice
- 1/2 C. Skimmed Milk

Salt and Pepper to taste

Mix all but rice and flour. Shake milk and flour and pour over the rice mixture. Cover and bake at 350° for 30 minutes.



### Pumpkin Roll

- 3 Eggs
- 1/2 C. Pumpkin
- 1/2 C. Sugar
- 1/2 C. Cocoa
- 1/2 T. Salt

#### Pumpkin Syrup

Heat eggs in high speed for 3 minutes. Gradually add in sugar, salt and pumpkin and mix until thick. Then add the sugar, pumpkin, cocoa and salt. Mix until thick and smooth. Pour into a 10x15 inch pan. Bake at 350° for 15 minutes. When cool, cut into a square (pumpkin roll) and spread with the syrup. Roll up and cut into 12 slices. Roll and cut.



- Filling: 1/2 C. Butter, 1/2 C. Powdered Sugar, 1/2 C. Cocoa

Combine all ingredients. Beat until smooth. Spread over slices. Roll and cut.

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## ON THE COVER

There's something beyond that we have yet to discover. —Miles Vangelhel

# SASK. GHOST-HUNTERS SOCIETY

## Curiosity attracts Vangelhel to paranormal

By Ashley Martin

Miles Vangelhel will never forget Christmas Eve 1999.

It was the middle of the night and the 10-year-old couldn't sleep.

Lying in bed in the family's 1950 home in Saskatoon's Redfield area, he thought he saw his mother cross the hall into his second-floor bedroom.

"Mom, I don't feel good, I can't sleep," he said. The clock's time, 12:30, is burned into his memory.

A chilling, "I'm not your mother" was the reply. Then the woman disappeared into thin air.

Transcendent, he held there a moment before a scream escaped his lips.

To this day, Miles isn't sure what he saw. But his mind goes back to how he doesn't like to use it. It's possible he dreamt the whole encounter, but the bigger part of him believes he was seeing.

That night, combined with other inexplicable events in the house, set the course for his lifelong passion — paranormal investigating, or ghost hunting.

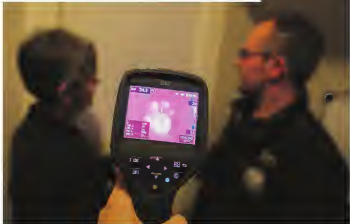
There were a few strange happenings in the house where the Vangelhel family — dad Fred, mom Jenny and their three sons — lived for a year after moving from Denmark.

From the time they moved in, they noticed an odd air about the house and the feeling that somebody was watching. Heavy footsteps would parade up and down the stairs and shadowy figures would catch the corner of the eye. Doorbells would click and turn on by their own.

"Just the feeling of being watched. It was on a constant basis. At night you just checked corners because you felt uneasy for some reason," said Jenny.

"My parents' growing really changed because they couldn't come up with explanations for it and it really scared me completely. But that passed forward," added Miles.

Though today he knows there are



Paranormal activity investigator Miles Vangelhel and his mother Jenny test out their thermal imaging device. (MILES VANGELHEL PHOTO BY MICHELLE SIMS)

explanations for all those things just as his maternal parents know that, the randomness of the events was odd.

"It was like someone was waiting to throw in their two cents when it was the middle of a conversation. It was bizarre," said Miles, who in 2000 co-founded the Sask. Ghost Hunters Society (SGHS) with his mother.

Always a fan of ghost stories, Miles became more interested in the scientific side of "purported" hauntings. He started checking out obscure books from the library, reading about electromagnetic fields (EMF) and as a teenager started conducting investigations for his friends with basic equipment he had on hand — mag-

netic tape recorders and a 30 mm camera.

"I started debunking these cases — they were very informal at the time." His mother supported his interest and showed it like encouraging her children to keep an open mind and would often escort or chauffeur her eldest son to investigations.

Three decades after that original encounter Miles is just as passionate about finding answers to the mysteries about those things that go bump in the night (and day).

But he's no showboater. Miles doesn't throw out the word "haunted" as a cry for attention. Holier-than-thou reactions precedes him no more

in his investigations — he once fired a SGHS ghosthunter for using a pen device.

The group, now with more than 100 members, rejects psychics preferring to rely based in technology so it can provide more evidence than someone's word.

"I've had lots of people claim they're mediums or psychics and they've got a bit out of sync from five or 10 per cent, which leaves it as guessing territory. Anybody could look at a house and go 'There could be spirits there, and so first there's nothing'."

But a high EMF reading is not as trustworthy indicative of a haunting. There are natural explanations for

most things.

Miles is an open-minded skeptic. In three decades and hundreds of investigations, the rules remain — whose day job is doing home renovations — has encountered few things he can't explain. What sounds like a noise might be a gurgling in pipes, or a biased record on a speaker. A door that opens on its own is, more often than not, due to transients with the change of seasons or a house settling.

"Somehow older houses make noises and they can actually feel the air. Doors can feel the eyes and nose on, especially in older houses with humidity changes."

Continued on Page 12

"It sounded like an old man's voice, saying my name, which is very, very bizarre. Very breathy right into the recorder and none of us were even up on that level anymore. — Miles



Paranormal activity investigator Miles Vachon with an EMF reader in his studio. Photo: Photo by Ian MacNeil/Star.

## TOOLS OF THE TRADE

■ The Infield meter measures the natural magnetic field of the earth. "It's the most accurate," said Miles. Every thing has an EMF that hovers about 5 to 25 milligauss. It comes in handy during investigations when an area — all of a sudden you'll have activity occur and you hear what sounds like footsteps or audible voices. When there shouldn't be anything there. You got an electromagnetic spike, a frequency spike, so all of a sudden it's just up to it for no reason at all. And we've had occurrences where we've been able to follow that EMF reading and then it just disappears. It's quite possible there is a natural explanation — all of a sudden we have some strange noises and strange activity we can't explain. And now we're getting the strange spike on an EMF detector that we can't figure out."

■ The K-II meter: picks up low level EMFs. With coloured lights ranging from green (low) to red (high), it detects EMFs that fall outside of the main, made category. The theory is that ghosts move through a geomagnetic field so, during EVP sessions, the K-II is used in conjunction with an audio recorder. In asking yes or no questions, lights flash for "yes."

"There's been times when the flickers (planning) these questions and answer sessions have validated a story or something that we've read on the history of the location. What it's exactly I wish I could tell you. I'd love to tell you it was a ghost communicating but we don't know for sure."

■ The EMF-100 detector monitors natural and man-made EMFs. Point it to the back of a computer with a power source hummer and the number on the digital screen spikes. The field meter is a good indicator of faulty wiring like if electricity isn't properly grounded.

In the Kernboro Library we actually had EMF readings you could read three feet above the floor.

The EMF was so high in that particular location that people were starting to hallucinate. We can feel it if you go into an enclosed room with a high beam, you can almost feel the beam stand on the back of your neck. The feeling that you're being watched comes along with that. It's possible. It's quite natural and yet unnatural. Unnatural if the EMF levels are that high. It's not good for you. It can cause hallucinations, skin irritations, the feeling that you're being watched, paranoia.

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They continue to believe even after we go. We can show them every piece of evidence explaining why there's no possibility of a haunting at the location and they still refuse to believe it. — Miles Vangel

EMF fluctuations are often with substantiated wrong strong enough EMF's can cause hell-ton artifacts. Likewise, so can carbon monoxide poisoning due to a cracked furnace flue.

"Here I start explaining a lot more of what we do. It sounds boring," he said laughing. "It's so really very fascinating for me and for my team."

Outside of observation tools of the trade help detect false reports of hauntings.

But then there are those occasions that are not so easily explained.

In his estimation, the team has never found a ghost.

"None of my teammates log in differ."

I can never completely agree. In my mind I always have a lot of doubt and more questions, so soon as we run across something. What could it be?

"I look for proof, but I'm never quite satisfied with every piece of evidence. It's always looking for a logical explanation after because there's gotta be something. Even though we may find it beyond the normal, the paranormal, doesn't mean there couldn't be a logical explanation in science."

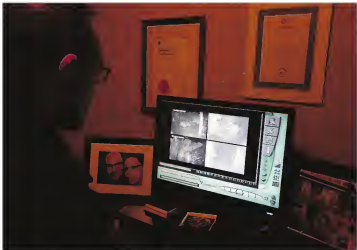
Jeep agrees.

"Things happen that you can't explain and that's what keeps you intrigued, because you're trying to explain what's happened and you have nothing to say it wasn't paranormal, especially when you've knocked them all the red flags. Change it could be. If it just opens you to keep going because there must be something out there that's doing this," she said.

For each investigation, the team uses multiple light vision radio camera video recorders with 360-degree microphones, point and shoot cameras and three kinds of EMF detectors.

They "tag" the recordings, annotating their name and the time they're entering an area. That way if something occurs again on audio or video, they can rule out whether it was one of them.

Investigations usually happen in teams of at least two people.



Miles Vangel shows footage from a paranormal investigation at the Western Development Museum on his computer screen in his workshop in 2006.

Though his mind is ruled in logic, Miles has encountered a few things he can't explain, which he leaves in the category of "we know."

They all occurred during a year-long investigation at the province's late Western Development Museum (WDM) location. The museum approached SGRS and a book about the investigation, *You Are Not Alone*, was published last year.

Janet Olsen, WDM director of marketing, proposed the paranormal investigation project. Employees have said they've seen and heard supernatural things there. She thought it would be an

interesting way to tell the history of the place.

"I believe that there's a light and a dark side to history. This is one way of getting the stories of the artifacts and experience out to the public," said Olsen, who of headed 25 of the 26 investigations.

In North Battleford, the museum consists of a heritage farm with outbuildings. One is the "haunted" Storm House. Miles' favourite one.

With the windows and outside doors firmly closed, the crew set up its electric voice phenomenon (EVP) session. Then the doors opened and closed as their work

Continued on Page 14

#### MILES VANGEL'S FAVOURITE SCARY MOVIE:

*The Shining*, which is the first one at first sight.  
"I think it was more of a history of that hotel that fascinated me more. It was a historical story yet Stephen King wrote it based on the stories of the Storm House... It's about Park, Ohio. It was so terribly funny and yet the whole hotel system of the photos at the old hotel that still were really kind of bizarre and from the time I'd seen it and it always kind of stuck with me."

#### HIS FAVOURITE GHOST STORY:

*The Amityville Horror*, which he read in 1984. "It was a strange phenomenon, everybody knew about it and people were talking about it and I read the book cover to cover... it's probably one of the biggest horrors of all time."

#### HIS THOUGHTS ON HALLOWEEN:

"It's a huge fan of Halloween. Do I think there's a theme of the veil... between the land of the living and the land of the dead at Halloween? No, I don't. I've done Halloween investigations. Halloween is no different than any other day of the year. It's just fun. The Halloween costumes, I like doing out candy like setting up displays, it's enjoyable."

I look for proof but I'm never quite satisfied with every piece of evidence. I'm always looking for a logical explanation after because there's gotta be something. — Miles



Miles Varghel and his Sane Ghost Hunters Society claim use a variety of technology as their investigation. PHOTO BY MICHAEL BIRSE

## GHOST STORY DEBUNKED

Miles Varghel was curious, so he took a drive up to St. Louis in 2008 to view the infamous "ghost train light." The story goes that near the village of St. Louis about 30 kilometers south of Pinet Albert, there is an abandoned railway line; the tracks are no longer there. A mysterious light appears at night, growing brighter and larger before disappearing again. It is supposedly the light of a ghost train as one story goes. Another story credits the light to the spirit of a railway locomotive who died.

The light draws many curious people. As Miles said, "It's gone from the point of being a ghost story to now it's a tourist attraction."

He did some research and couldn't find any proof of a past locomotive train and was curious about what might be causing the light, so he went to check it out for himself. He mapped out the area using GPS, calculated the altitude and elevation of the site, and found the light was coming from Gervais Road at the top of a hill.

He set up a million candle-power spotlight at the top of the hill at the bottom of which people

were gathered to see the ghost light.

Miles turned on the flood light and started moving with the engine working up a trail to the side of the road where there was a big reflective electrical box behind a fence. He heard the vocal machine of "what" and coughing and shhling from three kilometers away.

He noticed he himself, who was set up at the bottom of the hill, and confirmed that the reflection produced a big light.

This is a good road that gets travelled quite often by people that are looking for the St. Louis Ghost Train (Miles said). Here, let's drive up the road and see what happens when headlights hit the box. Same effect: Light reflects (light attraction), said Miles.

It's headlights hitting the reflective box, bouncing down, light bouncing, reflecting and reflecting off of areas off of old fence posts. Light is an amazing thing. The longer you stare at something the more it appears to move, but as they pulled away the light began to move optical illusions.

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When I was out on the investigations, there were things that were uncovered that I saw and felt that I believe, personally, were a mystery or a spirit or something that's unexplainable. — Janet Olsen

Another time then, Miles is quoted that, if there was an entry if open, the front door. He heard the doorknob click and the hinges creak as the door again opened on its own.

The aforementioned EVP marks like this, in theory. A ghost talks through an audio device. The voice is prominent in white noise, it comes through static. With at least 30 seconds between questions, in case of missing something, answers can come through a recording, or through a speaker if one is set up.

When they review evidence, which is time-consuming — the average investigation is 18 hours long, which means 18 hours to review each device — “We’re not across rooms of people who aren’t there.”

Once, with another male colleague for they heard a female voice in the room, which sounded on playback like a thing saying voice.

EVP worked best in the Marwa House. As Miles was to the left and two fellow investigators were on the second floor, they heard banging coming from the main door. A few days later, when they returned the night, there was a whispery voice on the recording.

“It sounded like an old man’s voice, saying my name, which is very, very funny. Very heavily right into the recorder and none of us were even up on that level anymore.”

In another (non-WDM) investigation late in February, the team used trigger objects (in this case dials) to reach out to a small girl named Elizabeth who reportedly haunted the place. In the non-investigation research of the building, Miles didn’t find a girl named Elizabeth. Though the dials didn’t mean, the team pushed up EVP when he asked her “Are you up there? Are you calling you Elizabeth? Do you have another name?” After a pause, a little girl’s voice said “Charlotte.”

“Fascinating stuff. Can’t figure it out,” he said.

The WDM’s official stance is, “We certainly have experiences here that aren’t explainable, we don’t know what they are.” As one person-level, Olsen is slightly more forthright about the things she experienced.

“We’re kind of freaked if you talk about it or if you believe in it, so there’s sensitivities around that,”



Paranormal investigator Miles Hapgood organizes Halloween thoroughly — the above shot was taken at his house in 2012. SUBMITTED PHOTO

she said. “When I was out on the investigations, there were things that were uncovered that I saw and felt that I believe, personally, were a mystery or a spirit or something that’s unexplainable.”

But even if there are ghosts in the WDM, it wouldn’t necessarily be a bad thing.

“I think that having spirits or entities in a museum as hotel or anywhere just adds a mystique to that location,” says another level of stories of have you heard? she said.

The team has been busy as Halloween approaches. Throughout the year, they manage eight nights a month from people whose names are purportedly haunted, that spirit to 30 in the fall.

In some cases it’s people coming up Halloween fun. “You have some interesting, colorful characters that come from time to time, some

very theatrical things. You find a lot of them are just looking for attention,” said Miles.

But many are people with legitimate claims, who just need help. When he accepts cases, he believes they’re telling their version of the truth.

The team doesn’t chase cases. They said far people to contact them. “These services are free — and actually cost them money, as they pay for gas and hotels for out-of-town investigations, and take out about 100 hours of their own time to review evidence per investigation.”

“We have to work to be able to keep up our little side job, and that’s just fine with us,” said Jenny.

It’s difficult to balance a full-time job and literally — Miles and wife Brenda have been married 18 months, and another child on the way — but he said his fellow team members are

passionate about their work. It comes down to a love for helping people.

“A lot of times we end up being psychologists. Usually clients want peace of mind, they want an answer to whatever’s happening,” said Jenny. “Most people’s reaction to investigation results run the gamut from relief to denial.”

They continue to believe even after we go. We can show them every piece of evidence explaining why there’s no possibility of a haunting at the location and they still refuse to believe it. They’re fun to deal with. They’re the non-believing believers,” said Miles.

In the case of a real haunting to which he would be reluctant to admit, they’d explain the situation in a level-headed way.

“Those were people that lived, breathed, moved, and died just like we do. Whatever consciousness

they had in life, they could have been a good person, they could have been naughty — think of it as that con someone’s moving from this life to the next.”

But he’s not sure he believes in ghosts.

“I believe in something,” he says though he doesn’t yet know what that is.

“There’s something beyond that we have yet to discover.”

And that’s why people hang on to ghost stories, Miles believes. It’s the rush, the adrenaline for some people. It’s that struggle with our own mortality and our immortality. In there were beyond this life? I think it’s the greatest question — why are we here? If we’re just here to live and die and nothing more, what’s the point of the existence?

“They don’t want to think they’re dead, there’s nothing more.”

**NEXT WEEK:** What's the best parenting advice your parents gave you? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #PARENT TO PARENT

Each week Bridges, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

## What's your favourite Halloween activity?

"As a kid, being candy. As an adult, handing out candy." — Judy S.

"I love going trick or treating with the kids and handing out candy." — Mike Mohyk

"My kids love decorating for Halloween. The first weekend in October is when our decorations go up. Trick or treating is also obviously pretty big on our favorite list." — Michelle Goodrich

"Pumpkin carving, decorating, picking costumes and of course, the candy!" — Carla Converse

"I love taking my dogs trick or treating. It's fun watching them decide what they want to dress up like and then seeing the looks on their faces when they get treats from the neighbors." — Shelly Lambert

"The pumpkin chase at Quercus Seniors in Saskatoon. They have activities for the kids and some craft displays. And an adult event that is the crown — it's fast!" — Laura Swanson

"Our annual monster mash costume party for my son — to be exact, your old girl!" — Denise Taylor

"Everyday part of Halloween is my daughter's. We do tons of crafts, a jewelry trip to Pumpkin Hollow, decorate, decorate the house. And we visit the Halloween parade. Pumpkin Hollow is a great place to go. I love the kids and the candy. And the parade. It is the most wonderful time of the year!" — Alyssa Connors

"My husband and I love to take the kids to the park near our house and let the pumpkins go. We decorate our yard. I am able to capture the kids of the moment with our camera, and we always have a great time playing in the leaves!" — Jennie Hinton



### SASKATOON FAMILY HALLOWEEN ACTIVITIES:

**PUMPKINS IN THE PARK** 2013 Nov. 1, 5 to 6 p.m., Denison Park. Bring your 11. Review jack-o'-lanterns and add to a pumpkin — it's fun for all ages! Free costume, and not a costume, you're getting your own one. Treats provided for jack-o'-lanterns and pumpkins will be transported after the event. For more info contact [web@denison.ca](mailto:web@denison.ca).

**HALLOWEEN HOUSE** Oct. 31, 334 B (corner of Dundas St. and 13th St.)

**SINGING WITH SYLVIA HALLOWEEN HOME** 11 a.m. — 2 p.m., 609 Dundas Avenue, Oct. 30 and 31, 10-30 a.m., Oct. 31, 11 a.m. Tickets 17. All the door 19 (under 2 free). For more info 510-490 or visit [www.arkhale.com](http://www.arkhale.com).

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# CITY NEWS

# HALLOWEEN HELPING HANDS

## SWITCH clinic to go trick-or-treating for donations



From left: Stephanie Knott, Alyssa Hagen and Lindsay Laby are preparing food for the Student Wellness Initiative. Switch Community Health. SWITCH PHOTO BY MICHAEL WAGMAN

By Angelina Iritica

Student Wellness Initiative (SWITCH) volunteers are dressing up and taking to the streets Halloween night. Instead of trick-or-treating for candy and chocolate, they're asking for a different kind of treat. The group is seeking out donations in the form

of toothbrushes, makeup and dental floss, vegetables, fruits and more.

The event is called Halloween Helping Hands, about 20 volunteers will be out tomorrow night to pick up donations from homes in Saskatoon. SWITCH is a student-run and managed health centre in Saskatoon's core neighbourhood that provides clinical and health promotion ser-

vices ranging from general medical care and physical therapy to hearing clinics and counselling.

Since the program relies heavily on donations and volunteers, it came up with a wish list of donations that would be appreciated: food and supplies for the clinic's kitchen (eg. rice, beans, Tupperware, plastic bags) things for the annual women's

pumper night (ie. tampons, chili, deodorant, makeup and hair products), and school supplies for the homework help centre.

Bleu Young is a first-year University of Saskatchewan kinesiology student planning to study medicine. She's been volunteering at SWITCH for nearly two months and calls the experience eye-opening. She joined

the Halloween Helping Hands idea after her first shift volunteering.

"People are expecting you as that person so I thought might as well donate food because, if people are willing to donate candy that they go out of their way to buy, I'm sure they'll be willing to donate food or other items that they don't want around their house," she says.





# SPACES

Spaces celebrates rarities both indoors and out. If you have a living space we should highlight, email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

### Bringing back Halloween with a \$10,000 display

By Angelina Irimaci

**WHO?** Adam Krutko and his girlfriend Hayley Formica, with the help of their siblings, Matt Krutko and Hayley Formica.

**WHAT?** A haunted backyard complete with animatronic zombies and witches, a dungeon, graveyard and a spider tunnel, and that's just the beginning. In order to enter the yard, you must first walk through a paint home-made floor-to-ceiling-inspired sandstorm. Then, you pass through the dungeon to get to the graveyard. Oh, don't mind the scented limbs on the barbeques "Finger food" explains Adam. A fog machine gives the graveyard an eerie look. Next is the incredibly creative and horrifying death row display. An animatronic man shakes and screams as the electric chair, followed by a man in a gasline, a pizzeria and a performer whose body hangs from a tree. One unlucky fellow is awaiting death row in a jail cell made by Adam, right next to the witches sitting around a bubbling cauldron. Zombies' eyes light up and scream while you make your way to the insane asylum, which just happens to be situated by the skull fountain pouring blood. You're only about halfway now. If you haven't turned away at this site of the baby zombie in a stroller or the screaming faces in the insane asylum windows then you'll be greeted by a zombie mother and her baby in a bedroom. She casually rocks and sings a lullaby while her baby wiggles usually as scary pieces in the bed. Pictures on the wall change from people with pleasant expressions to disgusting and disfigured faces as you walk (or run) by. You're nearing the end, but if spiders aren't your thing, then close your eyes and run. Congratulations! You've made it out alive — it's perfect time to be greeted by a door made five meters tall grim reaper.



BRIDGES PHOTOS  
BY MICHELLE BERG

# SPACES



**WHY?** For the last three years, the couple has been creating the display but this year has been the most elaborate.

**WHY?** "We're trying to bring Halloween back," says Adam "I remember when I was a kid and you'd see like 50 or 60 kids and they'd all be running down the street having a blast [on Halloween]. And everyone would have spider webs cover up their house and pumpkins all carved up and you don't see that anymore." Although the display is created for all ages, the couple kept children in mind. "We keep some of the blow up stuff for the smaller kids so they know it's 'See'."

**HOW?** With lots of time, creativity, a blow grease additional help and nearly \$10,000 into the pot and over the last three years. They purchase big things like skeletons and at conventions, online or in local stores. They save money by buying the small items like fake cows and bats at dollar stores and Adam builds the set himself. Building the sandworm was a two-month process that almost didn't see completion. "We had a lot of struggles with the structure and making it strong enough, soft enough for people to walk through." It's made out of PVC pipe cement and sand board (OSB) and cardboard. Zani helped in Adam's basement area. It is where the loveliest radioactive material, created zombies, and that's why he can be found wearing a hazmat suit, ready to suck anyone who has the guts to enter his pot.



## EVENTS

## # MUSIC

Wednesday, Oct. 20

**The Blue Mules**  
Buds on Broadway,  
817 Broadway Ave.

Thursday, Oct. 21

**The Pony Boys**  
Crackers Restaurant and Lounge,  
91-327 Pinehouse Dr.

**Big Bang Friday: A Tribute to the Stone Temple Pilots**  
Buds on Broadway,  
817 Broadway Ave.

**Roots Series: The Stone Breakers Band w/ Kristin Reed**  
The Basement,  
303 Fourth Ave. N.

**Your Town Thronedown w/ Chad Brownlee, Darin Hutton and Jason Blake**  
Orbison Event Center,  
241 Second Ave. S.

**The New Jambou Club w/ Layngot, Wrenches and Riggs**  
Amigos Central,  
632 10th St. E.

**Grease**  
Vangelis Tavern,  
801 Broadway Ave.

**Halloween Rock: Whiskey Social w/ Business and DJ Moxie McRae**  
Rock Bottom,  
834 Broadway Ave.

Friday, Nov. 5

**Hung Jury**  
Buds on Broadway,  
817 Broadway Ave.

**Plano Friday w/ Jesse Brown**  
The Shuffie Denmore  
The Basement,  
303 Fourth Ave. N.



**Blue Mules** (left to right) Natalie Munger and Marla Munger of The Blue Mules will perform Sunday at Crackin' Union Center. Photo: Justin

**J Pack + One**  
Army & Navy Veterans Club,  
309 First Ave. N.

**Greg Mangala**  
Municipal Hall,  
3100 Eighth St. E.

**Met the Alien w/ Crippled-wheelie**  
Lemon Pub,  
93 Campus Dr.

**Pumpkin Up the Jam w/ Ricky Rock, Chris Cole, Kristi and Conky Showpony**  
Orbison Event Center,  
241 Second Ave. S.

**The Paper Kicks w/ Reuben and the Dark**  
Amigos Central,  
632 10th St. E.

**Slow Down, Malaises w/ Scary and Hounds of Souls**  
Vangelis Tavern,  
801 Broadway Ave.

**Rock 'n' Roll w/ Drop the Hammer Party: The Showless Joke, Bill for Stuart and Matt Blake**  
Rock Bottom,  
834 Broadway Ave.

**Jessie**  
Rip's Pub & Grill,  
1034 1/2 Hwy 101 Dr. N.

Saturday, Nov. 2

**Judy Collins**  
Broadway Theatre,

715 Broadway Ave.

**Hung Jury**  
Buds on Broadway,  
817 Broadway Ave.

**Roots Series: David Hays w/ Penny Tarty**  
The Basement,  
303 Fourth Ave. N.

**Stack High: Lady Hawk**  
Norton Station,  
2021 Louisa St.

**J Pack + One**  
Army & Navy Veterans Club,  
309 First Ave. N.

**Halpin's Rhythmic Kings**  
Downtown Lounge,  
606 Seaside Circle W.

**Red Horizon**  
Municipal Hall,  
3100 Eighth St. E.

**The Deep Dark Woods w/ The Summer Brothers**  
Lemon Pub,  
93 Campus Dr.

**Head of the Herd w/ Glen-ice Stone, Lounge Patrol and Seven Stars**  
Orbison Event Center,  
241 Second Ave. S.

**The Drains w/ The East End Band, The Great Shakes!**  
Amigos Central,  
632 10th St. E.

**Gunner and Andrew w/ David Sora and Nick Faye and the Deputies**  
Vangelis Tavern,  
801 Broadway Ave.

**BC Band**  
Bugsy's Bar & Grill,  
134 Phoenix Dr.

**September Long w/ Pin Vaughn**  
Duck Denham,  
8348 Broadway Ave.

**Jessie**  
Rip's Pub & Grill,  
1034 1/2 Hwy 101 Dr. N.

Sunday, Nov. 3

**Grass Chicks with Charlie Mae**  
Crackin' Union Center,  
Theater Area.

**Lady Hawk**  
Norton Station,  
2021 Louisa St.

**Graves**  
Amigos Central,  
632 10th St. E.

Monday, Nov. 4

**Aldaye Classics and Volker Gartzke**  
Broadway Theatre,  
715 Broadway Ave.

**The Blue Garage w/ Bear Mountain**  
Amigos Central,  
632 10th St. E.

Tuesday, Nov. 5

**Hollerside w/ Zola and PUP**  
Buds on Broadway,  
817 Broadway Ave.

## # ART

**Harold Art Gallery**  
Through the Fall at 1500 Highland Ave. L Fall presentations, sponsored by Kerner Ltd., include Hewling Modernism, an examination of modern and contemporary art from

the 1950s to the present and They Made a Day by a Day Hare, a survey of art production by 12 young female artists across the Pacific. The WAC Artists by Artists Mentorship exhibition, which features an interactive installation representing a wheel field by Cory Schwaga and his mentor, Bruce Mancoske.

## Wetrous Library

Through October in Wetrous Autumn Splendor, seasonal art by local artists. Sponsored by Wetrous & Anne Arts Council.

## Station Arts Centre, Stearns

Through October at 101 Railway Ave., Station Garden Immersible by Lindsey Arnold. It is an OSAC touring exhibition.

## Gordon Fine Arts Gallery

Until Nov. 1 at 151 Murray Building, 111 S. Lowell, paintings by Darren McQuay. A reception will be held Nov. 1 from 7 p.m. to 10 p.m.

## Together in Art

Nov. 1, 2 p.m. to 7 p.m., and Nov. 2, 10:30 a.m. to 4 p.m., at Craneway Plaza United Church, 437 Cumberland Ave. S. Greenview Artists' Show and Sale, with recent works, original prints and cards by Phyllis Baker, Julie Beland, Mary Anne Brown, Diane Campbell, Wendy Campbell, Crystal Goff, Laraine Henderson, Sherry Harris, Gena Herli, Allen Jernie, Irene Knight, Beverly McInnes, Donna Mitchell, Donna Newell, Vickie Robinson, Lisa Davis, Karen Smith, Anita Sonnenberg, Lois Thompson and Cecile Young.

## The Gallery, Frances McQueen

Until Nov. 14 at 311 23rd St. S. Fine arts space by Cheryl Hengoff-Miller.

## Centre East Galleries

Until Nov. 24 at The Centre & display by students of the Rembrandt Award, a display by The Royal Canadian Legion, work by Saskatoon Quilters' Guild & display by the Saskatoon Camera Club, and the 2010 BPP Expo Scholarship Winners and displays from the Saskatoon Public School Board.

Team Glass Workers Guild  
**The Head & Wags Gallery**  
Until Nov. 7 at 409 Third Ave. Meacham. Quilted pieces, a clay and mixed media exhibition.

## Paved Arts

Nov. 8 to Dec. 7 at 424 20th St. W. Decid Art by Seven Batus. An audio-visual installation comprised of four works that include a sound, projection and found objects. An artist's talk will be held Nov. 9 at 2 p.m. School of Art, 10th & 10th St. featuring Alysha Lumen, opens Nov. 8 at 6 p.m. A multi-channel video that is in Saskatoon. They Pull the Wolves Over Our Eyes by Jean-Sébastien Gauthier & a billboard commissioned by RAVED Arts, that incorporates stereograms (commonly known as Magic Eye images) which are best seen from their balcony.

## A Varsity Gallery

Until Nov. 9 at 100 Broadway Ave. Word View. An exhibition of new work by Carolyn Miller made from discarded old letters and encyclopedias. A reception will be held Nov. 9 from 7 p.m. to 9 p.m.

## The Gallery at Placement

Until Nov. 14 at 128 Third Ave. S. Silences, all silences by Nancy Lowry.

## The Gallery, Frances McQueen

Until Nov. 14 at 311 23rd St. S. Fine arts space by Cheryl Hengoff-Miller.

## Centre East Galleries

Until Nov. 24 at The Centre & display by students of the Rembrandt Award, a display by The Royal Canadian Legion, work by Saskatoon Quilters' Guild & display by the Saskatoon Camera Club, and the 2010 BPP Expo Scholarship Winners and displays from the Saskatoon Public School Board.

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

PHOTO COURTESY OF THE SASKATCHEWAN SOCIETY OF ARTS

PHOTO COURTESY OF THE SASKATCHEWAN SOCIETY OF ARTS

**Handmade House Showcase**  
Until Nov. 30 at 710 Broadway Ave.  
Paints impressions, original watercolor paintings by Terry Lindsay.

**Saskatoon City Heated Skating on the Bridge**  
Starting November on the third, fourth, sixth and seventh floors of the Adams at Saskatoon City Centre. Work by three Saskatoon artists through November. Works by Ian Battistero on the third floor of the Adams, abstract acrylics and watercolours on field and landscape themes by Norma Remond on the fourth floor, and a variety of watercolor images by Laurel Behnke-Smith on the sixth floor.

**Unleash Music of Canada**  
Until Dec. 31 at 600 Spadina Ave. L. Money, Tenorship & Power: The Power Crossover of Revolutionary Leaders 1914-1920.

**Dufferinback Canada Centre**  
Through December at 100 Dufferinback Pl. Teach the Sky: The Story of Avo Canada. This in-house produced exhibit encourages visitors to look beyond the controversy surrounding the Avo Arrow, and focuses on the history and accomplishments of Avo Canada.

**Black Spruce Gallery**  
Open through the winter at Northwest Antiques on Highway 2. After 4:30, a group show featuring fall images and artists of the local landscape and region.

## # SPECIAL EVENTS

**Jul 16-20 Fall 2013**  
Oct. 30 at Midtown Plaza, an annual fundraiser hosted by the Canadian Cancer Society. Donors to build out one of Saskatoon's 2013 Most Wanted or have someone you know arrested for crimes. All food donations are tax-deductible contributions to the Canadian Cancer Society. Funds help support the Canadian Cancer Society's mission to eradicate cancer and enhance the quality of life of people living with cancer. For information or to donate visit [www.jul16to20.ca](http://www.jul16to20.ca).

**See Town**  
Oct. 30, 5:30 p.m. to 9:30 p.m., at the Western Development Museum. Halloween in games, crafts and mysteries for the whole family. Featuring Singing with Sylvia shows at 6:30 p.m. and 7:30 p.m.

**Oh Where's a Night**  
Oct. 30, 7 p.m. at TCU Place. A musical tribute to Frankie Valli and the Four Seasons featuring four performers from Las Vegas.

**Singing With Sylvia Halloween Howl**  
Oct. 30 and 31, 10:30 a.m. and Oct. 31, 1 p.m. at The Refinery. A concert of folk and indie with Sylvia Chene Gagne welcome.

**At the House: Tribute to Buddy Holly**  
Nov. 1, 8 p.m. at the Hudson Legion, 3021 Lincoln St. Super and a dance. With a Jerry Lee Lewis tribute and music by England.

**Saskatchewan Citizens' Hearings on Climate Change**  
Nov. 1-9, 9:30 a.m. to 5 p.m., at the Refinery. An opportunity to hear presentations on climate change from a range of Saskatchewan citizens, scientists, educators, healthcare workers, business and labour leaders. With high profile keynote presentations from the United States, Germany and elsewhere facilitated by carbon-aware remote audio-visual links. Open to everyone. A come-and-see event. For information visit [www.saskatchewanhearings.org](http://www.saskatchewanhearings.org) call 306-627-1141 or email [ask@lawernewscenter.com](mailto:ask@lawernewscenter.com).

**The Creative Life Workshop**  
Saturdays from 1 p.m. to 4 p.m., Nov. 2 at Greenwater Park United Church, Room 18 at Queen's House Retreat & Renewal Centre and Nov. 23 at the Five-Thirty & Four-dance series to help you learn to live your best creative life. With creativity coach Brenda Baker. For a registration form and event details/benefactor save for information visit [theartistbaker.com/](http://theartistbaker.com/) or [TheArtistBaker@100-625-6245](mailto:TheArtistBaker@100-625-6245) or email [brenda@theartistbaker.com](mailto:brenda@theartistbaker.com).

**Book Sale and Silent Auction**  
Nov. 2, 10 a.m. to 2 p.m., at 51

**Thomas Wesley United Church 80th Anniversary**  
Oct. 30th St. Celebrating the church's 100th anniversary. Fresh and frozen baked goods, soups and preserves. With a silent auction featuring about 40 items. Complimentary coffee and tea are available.

**Annual Bazaar, Tea & Jewellery Sale**  
Nov. 2, 1 p.m. to 3 p.m., at Luther West, 1223 Temperance St.

**Lemony Snicket's The Miserable**  
**Is Dead**  
Nov. 2, 2 p.m., at 80th Church, 415 Glenview Rd. Story by Lemony Snicket, music by Nathaniel Slesky. With guest conductor Matthew Hewlett and member Chris Davies. In this wacky musical mystery, every-one is a suspect, he's a motive, and is a musical instrument. Discover the secrets as the Inspector Information provides featuring works by Harry Marston, W.A. Mason and John Williams.

**70th Annual Lews in Motion Bazaar**  
Nov. 2, 10 a.m. at Pleasantland Park. Featuring comedian Ron Lewis, music by Helgo and Maurice Smith, a silent auction, a photo booth and late lunch. Raising funds for the Parkinson Society of Saskatchewan. Visit [www.lewsinmotion.com](http://www.lewsinmotion.com).

**Music Theatre**  
Nov. 2-3, 7:30 p.m., at Quince Theatre in the U of S education building. Call 306-966-6110 or email [sing@usask.ca](mailto:sing@usask.ca).

**Tales of Babylon**  
Nov. 3, 8 p.m., at Station Arts Centre in Eastham and Nov. 3, 7:30 p.m., at Concession Hall at the U of S. Ailar Ensemble performs. Featuring chamber music by Anton Bruckner, with vocalists Doree Grapchuk, Robert James Lugo, cellist Scott MacKnight and pianist Kathleen Soloe.

**Second Annual Sounds of Hope Benefit Concert and Silent Auction**  
Nov. 3, 7 p.m., at Nova United Church, 438 Spadina Cres. S. Presented by the Bopani Family Coalition. Featuring the Kenyan Boys Choir Raising funds to build a boy's secondary school with Free the Children's Kenya. With spoken word poet Chris

Tac and local folk pop band, The Witter. For tickets visit [www.pstac.com/sounds-of-hope](http://www.pstac.com/sounds-of-hope).

**Movie: Rescue**  
Nov. 5, 6 p.m., at Phoenix Ink Restaurant (previously Robinson). Presented by The Saskatoon Creative Writing Community. A fundraiser to benefit the Saskatoon Food Bank and Learning Centre. Alesha-themed three course dinner accompanied by literary performances. With 2013 Leacock Medal winner Castle Stacks, juvenile fiction author Beverly Barnes, author and literary advocate Cathy Ritchie-Walton, writer and broadcaster Craig Silbert and author and literacy educator Mary Hendrix-Bishop. Emceed by Wally Funk of UH Hoppers.

**Speedreading and Information for the Heart of Hearing**  
Nov. 13 and 27, 1:30 p.m. to 3:30 p.m., at Saskatchewan Deaf and Hard of Hearing Services, 4-511 First Ave. M. Handed by the Heart of Hearing Association. For information call 306-368-1257.

## THEATRE

**Chelsea Hotel: The Songs of Leonard Cohen**  
Oct. 30 to Nov. 17, 8 p.m. daily except Mondays, and 2 p.m. Sundays and Nov. 6, at Phoenix Theatre. A live! An archival audio production. Co-created and directed by Tracey Power. Leonard Cohen's powerful music is and lyrics provide the heartbeat for this tale. When an anonymous songwriter checks into New York's infamous Chelsea Hotel in a desperate bid to find inspiration, he must wade through memories of past relationships and come to see love in a new light.

**A Man's Rich**  
Runs to Nov. 3 at Penashore Theatre. Back Stage Stage. Written by James Hickey St. Bernard. World premier. A tale of trust, money and environmental catastrophe. Prequel, a fisherman is tempted by an unethical oil salesman and his fortunes take a turn for the worse. Meanwhile, the local bartender has his eyes set on the fisherman's wife.



Presents



October 30th, 2013

Five Course Gourmet Dinner

expertly paired with wines from Canada & around the world

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SASKATOON

# ON THE SCENE

View more On the Scene photos  
at [Facebook.com/BridgesVXE](https://www.facebook.com/BridgesVXE)

## # MASQUERADE



# ON THE SCENE

Send your CFL fan photos to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com) for a special photo page in our Grey Cup issue!

## #MASQUERADE



Little Opens on the Prairie (LOOP) hosted Masquerade at the Saskatchewan Club on Oct. 26. Over 150 guests came dressed to impress in fabulous cocktail attire, and donned masks to bring the theme. The evening concluded with cooking stations, along with music by the artists taking part in LOOP's December show *Hansel and Gretel*.

Masquerade's proceeds to the tune of \$3,000 will go directly towards *Hansel and Gretel*'s production. Kathryn Lehnert-Gable is the music director for the 48 songs. Priority seats played Dec. 5 to 7 at the Broadway Theatre. Tickets are on sale now: \$20 each or four for \$70.

Artistic director Anastasia Winterschall founded LOOP in 2010 to create opportunities for local singers through innovative performances and events that will attract audiences to the wonderful world of opera.

1. Andrea McCall and Chase Elliott
2. Lauren Ostrowsky, Garrett Willick, Alicia Wagners, Courtney Adams and Lauren Gibson
3. Cheryl Lumsden Bascari and Darren Craddock
4. Jonessa Baer and Rayelle Johnston
5. Brian Vanneste and Bernice Williams
6. Julie Winton, Jay Winton, Chelsea Drex, Marc Collette and Jacqueline Woods
7. Saralot Bahra and Colin Finner
8. Doreen Tule, Kimberly Selman and Ryan Martens
9. Cynthia Winterschall, Matthew Winterschall, Angela Henggen and Tim Henggen
10. *Hansel and Gretel* stage director and LOOP founder Anastasia Winterschall performs

BRIDGES PHOTOS BY MICHELLE BERG



# OUTSIDE THE LINES



Got any  
brains?

## # Colouring contest

Each week, Stephens McKey creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to [bradca@stephensmckey.com](mailto:bradca@stephensmckey.com). One winner will be chosen each week.



Last week's contest winner is Shae Gerhardt. Thanks to everyone who submitted entries.



## MUSIC

FOLLOW BRIDGES ONLINE at [thestarphoenix.com/bridges](http://thestarphoenix.com/bridges) or you can follow us on Twitter @bridgesYXE or on facebook.com/BridgesYXE

## # THE TILTED KILTS

## Halloween is a family tradition



The Tilted Kilt. (From left) Mungy Brown on drums, Noble Mark Schindler on bass guitar, Margo McLean on violin, and in front, Todd McCutcheon on guitar. (Photo: Heather Brown)

By Ashley Martin

When Marjorie McLean met her future husband Rick McLean, her Halloween traditions changed.

"I never really did much for Halloween until I met him, and then it was his big thing. He likes to dance more for it and I like the candy," she says.

Last year they began another tradition. In April they started a Celtic rock band and had their first gig six months later, on one of the most delicious nights of the year. This year is round two.

"The beauty of Halloween is ev-

eryone just leaves their inhibitions at home. Anything goes. I love it," says Rick.

They played their first show at east-coast garden in front of a crowded Rushmore. Two weeks ago, they'd yet to decide on their costumes for this year's follow-up.

"We could go as zombies or any thing you know?" says Marjorie. The band showed up in all-black jester costumes, just the two of them. But bigger is better.

"If you're going to go all the way, then go all the way, can't just costume yourself in a coffee house cat," says Marjorie.

Growing up in Qu Appelle, Rick started playing in bands at age 13. After a few rock bands, he grew to love Celtic music thanks to his stepdad, who is Scottish, and spent 30 years as part of a Celtic band Crofters Revenge.

Since Crofters disbanded a few years ago, Rick says there has been a lull as the Regina Celtic scene, despite it being a good night market, between Mosaic's Scottish and Irish pavilions, St. Patrick's Day and Bobble Burns Day.

"It has its time and its place and that was missing. There was another band before of Scottish, I think

they're still going, but they can't play everywhere all the time," he says.

With Rick (guitarist), Marjorie (violinist), Todd McCutcheon (guitar), Malcolm McLeod (bassist), Marjorie McLean (violin) and Rick Schindler (drums), the band is losing a versatile sound that's never boring and appeals to everyone.

"You have a band like Great Big Sea that does songs from the 1700s but they also write their contemporary pop stuff too," says Rick. "They overlap (the old songs) their own way and do them a little bit differently."

"You don't get bored of it. It's not the same like chords over and over

and over," adds Marjorie. Plus, if you change it up, it doesn't sound so traditional.

"You can really rock it up — and you don't have to worry about being true to the original artist."

"The couple works well together. As Marjorie says, "It's much better to be married in the band than being married to the band."

"Being a part of the band has been awesome," she says. "We can support each other now and that's huge. I think we both grew from that."

Catch The Tilted Kilt in Regens at Rushmore on Oct. 31, and during the Grey Cup Festival in November.

# SHARP EATS

See a food trend you think deserves a highlight in Bridges? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com) or visit Bridges on Facebook

## # HALLOWEEN RECIPES

# What to do with all that leftover pumpkin

By Jenn Sharp

Pumpkin carving would be a lot more fun if there was a tasty (and easy) way to get rid of all the leftover. I've roasted the seeds, but what to do with all that pumpkin meat? One could always make a beautiful soup for fall, but that's a lot of work...and it sounds a little too healthy for Halloween.

What I really want is a tasty alternative to those bought candy, and an easy to make one at that.

My mom's delicious pumpkin muffins are on the rich side — perfect for a grown-up Halloween treat. So while the kids are gorging themselves on a sugar treat, you can kick back with a cup of tea and one of those aged muffins and savor knowing your pumpkin didn't go to waste this year.

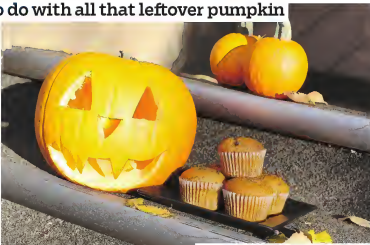
## LOVE'S PUMPKIN MUFFINS

### INGREDIENTS

- 1 cup
- 1/2 cup sugar
- 1 1/2 cups canned or fresh pureed pumpkin
- 1 cup flour
- 1 1/2 cups baking soda
- 1 cup baking powder
- 1/2 cup salt
- 1/2 cup ginger
- 1/2 cup nutmeg
- 1/4 cup clove
- 1 cup dark raisins

### METHOD

Preheat oven to 400°F. Mix in order given. Spoon into muffin tins. Bake for 10 to 17 minutes. Makes 16 muffins.



Pumpkin muffins come for a grown-up treat on Halloween. Photo by Spencer Higgs

## HALLOWEEN TRICKS AND TREATS IN SASKATOON

### Planet Hill Bakery

336 20th St. W.  
Owner Don Mac and his staff have been making almond doughnuts and sugar cookies to hand out to trick-or-treaters since the bakery opened in 1936.

### Wentworth's English Pub & Grill in the Hotel Senatus

243 2nd St. E.  
Wentworth's Haunted Hotel Night Fest runs until Oct. 31 with several Halloween acts on tap, including a themed brewery's Halloween Ale. Try a Murderous Mary cocktail (Blood Red and Black in Blood

prints, or shooters like the Bloody Jay Dess and Vampires Kiss. Legend has it that the Hotel Senatus is haunted by "insidious Mary, friendly John" and a young desk clerk. Mary was a hotel maid in 1954 who was in love with the bellman, John. He did not return her affections because of a secret love affair with the desk clerk. Mary interrupted the love letters in a basement storage room and in a fit of jealous rage, stabbed them and painted the walls red with their blood. She then took her own life. The staff has since imparted ghostly sightings in the basement (Church's Cellar).



Planet Hill Bakery owner don Mac and his staff have been making almond doughnuts and sugar cookies to hand out to trick-or-treaters since the bakery opened in 1936. Photo by Michelle Higgs

## ® TRICKY TREATS FOR HALLOWEEN

# Recipes for goblet graves and other ghoulish fare

By J.M. Hirsch

Whipping up a batch of Halloween inspired treats shouldn't require a scary amount of time or energy.

Because by the time you've carved an army of pumpkins, costumed your pet-sized ghosts, purchased baskets of candy and hung the requisite number of fake spider webs and black cat cat-eats-time and patience for cooking up spooky grub may be in short supply.

Be we've put forth a juggle of ideas — vampire doughnuts, candied apple skulls, goblet graves and doughnut spiders — from Mother's Month's new book, *Halloween: Spooktacular*. For setting up spooky time for your Halloween can take without setting you back.

## Goblet Grave

Head to the craft store (online) and pick up a silicone skull and cranberries as cubes. Top, fill each cavity with plain Greek yogurt, then use an offset spatula to smooth the tops and remove



**Goblet Grave: Candied Apple Cranberry Vampire Doughnuts and Doughnut Spiders** at Horco

any excess yogurt (it will be there until solid overnight at least). Let the cubes sit at room temperature for several minutes. Then remove the excess from the top. Arrange the cubes in a small bowl or over a larger bowl of crushed ice. Serve alongside goblets of grape juice.

## Candied Apple Craniums

Wash and dry one Red Delicious apple. Insert a 4 to 4-inch (15 to 20 cm) cork apple twig (sold as a large frozen pop or candy stick. Set aside. Place 1/2 cup of white candy



**Goblet Grave: Candied Apple Cranberry Vampire Doughnuts and Doughnut Spiders** at Horco

one to a medium heat safe bowl. Set the bowl over a medium saucepan of simmering water. Stir until the candy has melted. Once at a time, dunk each apple into the candy melts, spooning it up the sides and over the top for an even coating. Set the coated apple upright on a sheet of waxed paper to set.

Meanwhile, use a rolling pin to roll out (Therese Rolfs said) flat. Use a paring knife to cut round eyes and a heart-shaped nose from the flattened (Therese Rolfs "Glow" the eyes and nose (mount the "brain" upside down) to the apples using gummy gel



**Goblet Grave: Candied Apple Cranberry Vampire Doughnuts and Doughnut Spiders** at Horco

or a bit of purchased frosting

## Vampire Doughnuts

Make a stack of honey-glazed doughnuts on a large serving platter. Use a bamboo skewer to poke two tiny holes in the top of each, then drizzle red gel food coloring (sold in tubs in the grocery's baking aisle) coming out of the holes and down the sides of the doughnuts.

## Doughnut Spider

Set a chocolate glazed doughnut in the center of a large serving platter. Place a chocolate cake doughnut to



**Goblet Grave: Candied Apple Cranberry Vampire Doughnuts and Doughnut Spiders** at Horco

against it. The chocolate doughnut forms the spider's body, the cake doughnut in the head. Place 3 chocolate doughnut holes on top of the cake doughnut to form eyes (use a dab of frosting to hold them in place). Top each doughnut hole with a dab of white or yellow frosting, then gently press a chocolate chip into each.

For the legs, arrange three sets of three chocolate doughnut holes coming off of each side of the "body" doughnut. If desired, additional frosting can be used to keep the leg doughnut holes in place.

*The Associated Press*

# Letters to Santa

## Children of ALL AGES

**Santa needs your help!**

Remember last year we asked you to submit letters to us in advertising folders during the holiday season?

**YOUR RESPONSE WAS OVERWHELMING!**

This year he needs your help again.

**Please write or draw (or both) telling Santa about a family Christmas tradition.**

**• PLEASE WRITE IN PEN •**  
(as neatly as possible)

Some of the letters received will appear in *The StarPhoenix* and *Bridges*.

**WIN A \$250 Gift Card from THE GIGGLE FACTORY**

Prizes: submit letters only and we will draw November 30, 2013.

Please include your name, age and phone number on the back of the letter and make all envelopes "Letters to Santa" at The StarPhoenix, 204 Fifth Ave. N., Saskatoon, SK S7N 2P5.

(Note: Prize numbers to be randomly selected with and for published letters. Prizes or winners with similar or identical names will be selected.)

The StarPhoenix Advertising Dept. (306) 657-6238

# in GET THE GUIDE!

## LEISURE GUIDE

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Karen	306-657-6384

**City of Saskatoon** **homedelivery**  
Wednesday, December 4th **Winter Edition PUBLICATION DATE**

## # ASK ELLIE

## Separated man needs a clean break from ex-wife

**Q:** I've been separated from my wife for 10 months. We talk and see each other weekly, sometimes just a quick coffee, and sometimes overnight.

I feel every time we start to get close she runs and it'll be a couple days until she contacts me. When I get frustrated and say we no longer see each other, she puts forth an effort and since I get pulled back in she wants her space again.

Lately things have been going great and suddenly I get told, "this isn't working. I need time apart." Four days later, she's asking how I'm doing and wants to get together.

Then, when I ask to talk on things she says, "I don't know how I feel, I don't know if I'm there yet."

In the last few days, I found out she has dated me so many on dates, but yet she tells me she knows me it's been a real go go experience.

What am I to do?

**Man on a String**

**A:** You're being jerked around emotionally.

## Ask Ellie



It's because she's up and down herself. For whatever reason, she's wanting to be on her own (free to date), also means you, wants fun/sex, attention and comforting and mostly wants to keep you as a fall-back. If "alone" doesn't work out.

Call a full break. Separated doesn't mean "on call." Start thinking about how you'll proceed if you stay apart. I'm talking about logistics, not whether you date.

The serious consideration: If there are children, how will you share custody? Where will you each live if you stay apart? How will this be financed?

Once you take your mind just the

dreams of an In/Out relationship she won't be able to tag a string to have you come running to her side.

If after six months of a complete break — contact only when necessary and mostly not in person — you both are still unaware of being apart then get counselling and make sure she is not just hanging on again until someone else comes along.

**Q:** I cheated on my husband two years into the marriage when I'd had a new lady and he was never home.

It was a one-time sexual encounter with a neighbour who hardly missed any since after I had never thought I'd cheat, but I was very lonely in the marriage.

I didn't confess, I stayed in the marriage for years and worked on me getting out of the house, getting a job, advancing. And, trying to be a good wife as well as trying.

But my husband was selfish, selfish, not emotionally there for me. After I divorced, I fell in love

and never cheated on my current husband. I love him and wouldn't ever risk what we have.

**Think the Risk**

**A:** As with any big risk, you were lucky that it didn't explode in your face by getting caught. Or you might've been divorced a lot sooner, under a cloud of guilt and betrayal.

However, you then tried hard to make the marriage work and eventually knew for sure that it didn't and not because you were emotionally attached elsewhere or were running away.

For your child's sake as well as your own, it's a lot healthier to know you gave it a chance.

Cheating's often used as an excuse, or to confirm to oneself just how unhappy an existing relationship is.

But what's needed most is a rational look at what's needed to help the couple improve their connection. And then, either change or make a decision.

**Q:** I stayed 13 years with my ex-husband, though I was miserable. He rarely wanted sex, was uninterested in me as a cook and mother to his children.

He said he loved me but there was rare spontaneous affection. I had the kids early on, so felt stuck. Also, he was a decent father but I felt I was suffering until I had the courage to get a divorce.

**Had to Leave**

**A:** Staying for years AFTER you've already recognized that a relationship is ending you miserable and lonely — not for you and not for the kids either.

Your husband's statements of love may have been the best he could offer as someone distanced emotionally, but it wasn't enough for you.

It's never your ex-husband's fault to divorce, but when you know the man isn't going to listen, you need to make the call.

I sincerely hope you helped your kids deal with his emotional presence.



**Next week in  
BRIDGES**  
Saskatchewan  
hip-hop artist  
Eekwol is busy  
cutting albums and  
breaking stereotypes

## #CROSSWORD

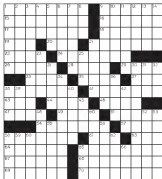
## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Coastal backflow  
 4 Strongly on-line  
 10 Speed trap operators  
 16 Sloution of King  
 17 Deep trouble  
 18 Proper as leftovers  
 19 Hobbs film creation  
 20 Girl on ballroom  
 22 More often than not  
 23 Mirth and others  
 24 Bunt as a paper  
 26 Endless war  
 28 Director suspected in  
 29 Reciprocal  
 30 When assignment  
 31 Dimes  
 32 Lutes instrument  
 34 Related to death ray?  
 41 Gets ready to use an  
 42 L on a place  
 44 Crash probing app  
 45 Thumb up  
 47 Hip  
 48 Mark as copy  
 50 Safety net  
 54 Made it to  
 57 Puzzle member Rube  
 58 A team came in there  
 61 ...and  
 62 One's a seal  
 64 Amers  
 65 Amusement  
 66 Hider's surname  
 67 Asian's home  
 68 School sound system  
 69 Indicted on whom  
 70 F & I file

## DOWN

- 1 Home and others  
 2 It's more an infatuation  
 3 Dashed  
 4 Not a big enough  
 5 Jet  
 6 Just an announcement  
 7 Head off  
 8 God of darkness  
 9 The father one letters  
 10 Chop-see does a  
 11 Campaigner's day  
 12 Under wisdom  
 13 Name of three Giants  
 14 Outdoors in 1962  
 15 Early Edison was the  
 16 First American to use  
 17 The Captain Sea as  
 18 Thoroughly engaged  
 19 Urban haze  
 20 As for a 3D  
 21 Yield as profit  
 22 Coup-like  
 23 Foreign publisher might  
 24 One of a halfbreeds  
 25 Where to die  
 26 At home  
 27 Wholly hot  
 28 Fierce clergies  
 29 Some are peaceful  
 30 Intro to a newspaper  
 31 400 B.C. P.C.  
 32 standard  
 33 Actors portrayed in  
 34 "Warrior" song  
 35 Life debut  
 36 Hot dog  
 37 Salsa's music style  
 38 Croquet  
 39 Tribal emblem  
 40 Hawk's home  
 41 Bowed strongly  
 42 Musical can follow  
 43 each part of the  
 44 answer to the  
 45 question  
 46 American film format  
 47 Drive  
 48 12th month's day  
 49 Caricatured  
 50 Merits with a general



PUZZLE BY VICTORIAN AND HOWELL BOSTON

# JANRIC  
CLASSIC  
SUDOKU

## Level: Silver

All in the blank cells  
 original numbers 1 to 9  
 Each number can appear  
 only once in each  
 row, column and 3x3  
 block. Use logic and  
 process of elimination  
 to solve the puzzle.

The difficulty level  
 ranges from Beginner  
 (number 1) to Silver  
 to Gold (number 5)



Sudoku is the  
 crossword puzzle's  
 cousin. See the  
 Sudoku guide on  
 page 31.

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The StarPhoenix



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SHE  
WAITED  
LONG  
ENOUGH?

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real estate

WATCH FOR IT, INSIDE FRIDAY'S STARPHOENIX

# GARDENING

## # PLANTS IN FOLKLORE

### Ancient flora to protect yourself this Halloween

By Eri Svendsen

On Oct. 31, Halloween, like many before it, our homes will be overrun by child-devils dressed up as witches, vampires, gnomes or superheroes. But how can you be sure it's merely pretense? What if some of these aren't pretend at all? It is difficult to see the danger in a fairy or a three-foot goblin, but a creature of the dark is another story.

I'm not the first to think such things, or to wonder what I can do to protect my family and my house. Simply turning off the lights, locking the doors and covering under the covers only makes another kind of masquerade: covering eyes and T.B.

For general protection, the ancient Celts had it figured out 3,000 years ago: They carved scary faces in large heads, gourds and turnips. The incisions were hollowed out to hold a burning coal or small candle to light up the "head." These were placed in windows and near doorways to ward off wicked spirits that wandered the earth on the evening of October 31, the start of their harvest celebration.

The pumpkin, because of its size and head-like shape, became the vegetable (it's actually a fruit) of choice when the Irish immigrated to North America.

Another general protective strategy is to plant a mountain ash, hawthorn or elder near your house to keep witches and ghosts out of your house. Burning juniper, thyme and juniper together will accomplish the same thing and can substitute for plug-in air-fresheners. And hanging frontal over your doorway will prevent witches from casting a spell on you and your home.

If your concerns are werewolves, wolfsbane (*Antirrhinum* spp.) should help fend them off. You may know it better as moonflower, a shade-loving perennial. It is an extremely toxic plant and poisons were made from it to kill wolves — hence its common name. It can also be an effective deterrent against vampires. Vampires, in the classic 19th-century movie, used it to prevent the Count from entering Mina's bedroom. But Svendsen was smarter than that and tricked the make-believe monster into removing it from the bedroom, allowing him to enter and drink the hapless Mina away.

Garlic, of course, is the most important protection against vampires. Hang a stylized garlic bulb necklace around your neck to sure to keep them (and your animals) at bay. Basil and lavender flowers were also thought to defend against the living dead. In addition, mustard seed spells laid on your roof was thought to save them off.

If they get past your defenses as you want to be proactive, make sure to have a supply of ash, hawthorn or oak stakes at the ready. If you manage to take out a vampire, stuff a garlic bulb in the mouth to keep it from rising again.

Finally, we have vervain. For centuries and in many countries, vervain was regarded as a magical herb. Rubbed against your skin, it was thought to rid it of graying whites; it could protect your home against lightning; a boost to your romantic life or was simply used as a good-luck charm when being around the neck. However, its best use at this time of year is to chase off witches. And some believed that when drunk as a tea (at least secondarily), it could protect against vampires.

Now all you have to worry about is having enough tricks to satisfy the children of the corn so no tricks are played on you... or worse.

This column is provided courtesy of the *Seaside/South Peninsula Society* ([www.spspsociety.org](http://www.spspsociety.org), [seaside@spssociety.org](mailto:seaside@spssociety.org))



Scary carving pumpkins: the carved lamp is an Irish tradition. PHOTO COURTESY KATHLEEN/STAFF AP/WIDEWORLD

# WINE WORLD

## #SCARY COCKTAILS

### eyeball martini leaves lasting impression

By James Romanow

OK folks, it's time for everybody to unleash their inner Martha Stewart. It's Halloween and I can think of few things scarier than food. If you're having people over for a party or just a drink this is your big chance to impress them. Why all-time favourite is the eyeball martini. It is relatively easy to make and is served as a tasty drink as opposed to some kind of freak that looks cool but tastes perfectly bad. The balls can work as a surprise in regular cocktail bars like Topguns bar in Kel.

If you only need one or two eyeballs make them before shaking. If you're having a party make a few in advance. Buy the biggest red wine you can find. Use a syringe to inject them, leaving some red "arteries" visible against the red. Then plunge into a hole big enough to hold a pistachio stuffed green olive. Oh and leave the rest, the "optic nerve", attached.

The tricky bit is gouging the hole. I like the simpler way to have a bigger diameter than the hole because it keeps the olive in. To do this you need a very narrow bladed knife, like a scalpel. I use the smallest blade on a Swiss Army knife. If you can't be bothered, you can always just pierce the eyeball with a toothpick, an idea that most people find quite disturbing.

There's one drink to suit. I use Topgungin Gin and Noddy Fruit Vermouth, a mix ratio of



about 50:5, which is to say an ounce of gin, and a quarter teaspoon of vermouth. Shake well, over ice and garnish with an eyeball.

Noddy Fruit White Vermouth \$24 \*\*\*\*\*  
Topgungin Gin \$28 \*\*\*\*\*

More wine in Monday's paper and on Twitter @jbranco

## Crossword/Sudoku answers

ERRIDIES	ASSAIL
TROOPERS	IMELOA
HOTWATER	RECOOK
ANT DER	ASABULE
NCOS	RUPTURE
SOMME	STEP
LOAD	SUPS
ANADRAM	PLUGGIN
REN	WISD
SODA	COLTS
TAILORED	ERNO
LITTERS	JAIL
IMMER	HARDTIME
NARNIA	INTERCOM
EXUDED	DOSSIERS

3	4	2	1	5	9	8	6	7
7	9	8	2	3	6	1	4	5
6	5	1	7	4	8	9	3	2
4	8	6	3	2	5	7	9	1
2	1	5	6	9	7	4	8	3
9	3	7	8	1	4	5	2	6
8	2	3	9	7	1	6	5	4
1	6	4	5	8	2	3	7	9
5	7	9	4	6	3	2	1	8



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